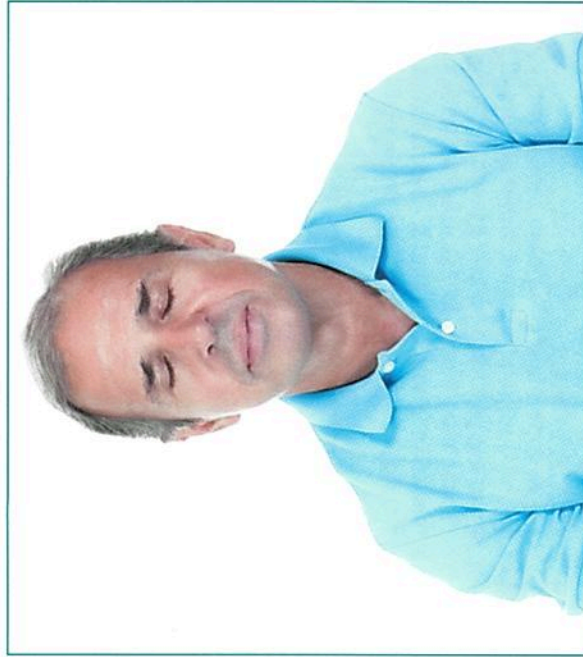


## About Breathing

Over breathing can produce side effects such as dizziness, light-headedness, a sense of unreality, exhaustion, fatigue, palpitations, tingling, indigestion and numbness.

It is worthwhile to set aside a few minutes, twice a day to correct breathing patterns. Initially try seated but once you can remember them try practising when standing or walking.



## How to contact us

### Darlington Memorial Hospital Audiology Department

Hollyhurst Road  
Darlington  
County Durham  
DL3 6HX

Telephone: 01325 743 153

Textphone: 01325 487 327

Email: [audiologydmh@cddft.nhs.uk](mailto:audiologydmh@cddft.nhs.uk)



### University Hospital of North Durham Audiology Department

North Road  
Durham  
DH1 5TW

Telephone: 0191 333 2305

Textphone: 0191 333 2741

Email: [audiologyuhnd@cddft.nhs.uk](mailto:audiologyuhnd@cddft.nhs.uk)

For further information on contacting us or getting to our hospital, please call one of the numbers above or visit [www.cddft.nhs.uk](http://www.cddft.nhs.uk)

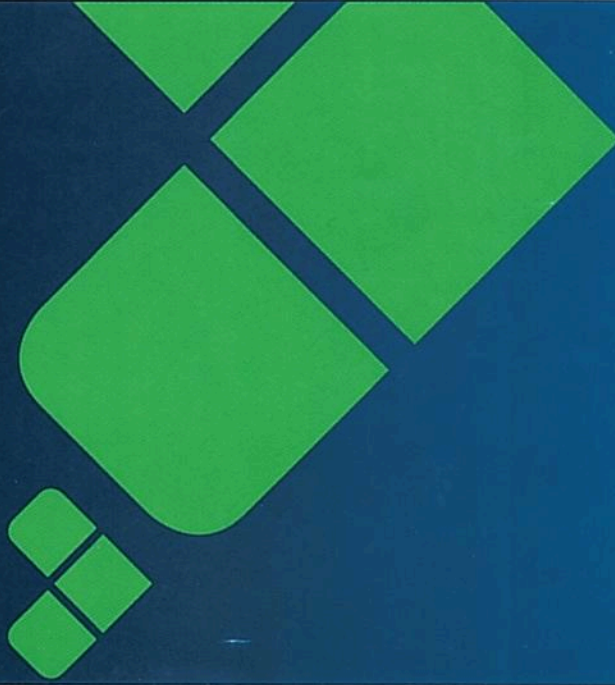
*The information in this leaflet was compiled by the Audiology Department, County Durham and Darlington.*

County Durham and Darlington  
NHS Foundation Trust



Patient Information Leaflet

# Audiology Department



with you  all the way

# Breathing And Relaxation

[www.cddft.nhs.uk](http://www.cddft.nhs.uk)



## Normal Breathing

Normal breathing occurs 10-12 breaths a minute and the stomach moves regularly in towards the spine on the exhalation and out slightly with the inhalation. Over breathing creates a faster rate and the upper chest tends to move more than the stomach.

## Relaxation

It helps the balance system to learn to relax. When we feel dizzy we tend to hold our bodies quite rigid and this creates physical stress especially in the shoulder muscles. So bring your shoulders up towards your ears then on an out breath lower them as far as they will go. Consider the contrast between the tightening as you breathe in and letting them relax as you breathe out. You can apply this to other muscles around the body but make sure you spend at least as much time releasing as you do tensing, breathing comfortably.



## Practise

Sit in a comfortable chair, try not to be disturbed, place one hand on your stomach and one on your chest now just try to breathe normally observing the movements. See if the hand on your stomach moves up and down with the breath, when you have mastered this try to slow down the breathing a little and try to allow a pause between breaths. If you feel comfortable try to extend the out breath for a little longer than the in breath keep the breathing relaxed. Try this for 6-10 breaths 2-3 times a day.



Find a quiet room where you are unlikely to be interrupted. If possible turn off your phone and doorbell.

Put on some relaxing music or natural sounds and have the room pleasantly scented - maybe a candle or a room atomiser.

Sit in a comfortable chair with your feet hip width apart and both feet resting comfortably on the floor. Have your hands loosely by your side or resting on the chair arms. Make sure you feel safe.

Close your eyes and breathe in slowly through your nose, feel the air filling your lungs, be aware of the passage of air through your body, filling your chest, opening the ribs and notice the gentle rise of the abdomen.

Now breathe out slowly through your nose (if possible), feel the air leaving the body, the abdomen moving back towards the spine, the ribcage moving in and the chest relaxing back. Be aware of the warm outbreath on your top lip, relax your lips. Make sure you have space between your upper and lower teeth, resting your tongue in the base of your mouth.

Feel your eyes relaxing behind your lightly closed eyelids, your forehead softening and lower jaw releasing.

Now try to visualise a place where you feel happy and comfortable - it may be a wood, a garden, a lake, looking at the night sky, or sitting on a beach.

Visualise the sounds and be aware of the smells, feelings you get in this place, your place. Allow yourself to be in that place in your mind for 5 minutes or so.

Gently begin to move your fingers and your toes, stretch, yawn taking time to move your awareness slowly back into the room.

Notice how you feel.

**Take your time before you move from the chair.**